



Apple crumble

Ingredients, (2 portions):

- Cooking apples, peeled, cored, sliced 200g/8oz
- Caster sugar, (for apples), 25g/1oz
- Wholemeal plain flour 100g/4oz
- Low fat soya spread 50g/2oz
- Caster sugar, (for crumble mixture), 25g/1oz

Method:

1. after preparing the apples, place into a **thick bottomed** saucepan with enough **cold water** to **cover** the **bottom** and place on a **medium heat**, sprinkling the caster sugar over the top. **Stir occasionally** with a wooden spoon.
2. place the rest of the ingredients into a large bowl and **mix** together with your **finger tips** until a **crumble consistency** is achieved and you cannot feel any **lumps** of soya spread in the mixture.
3. once the apples are **softened**, normally **5 – 10 minutes** depending on the ripeness of the apples and the temperature of the pan, **carefully, line** the bottom of an oven dish with the apples and **sprinkle** the crumble mixture over the top, **spreading evenly**.
4. place in a **pre-heated** oven, (**175°C**), for **10 – 15 minutes** or until the top is a **golden colour**.